



# Senior Services of Northern Kentucky Chilled Menu - November 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOX	3	4	5	6	7
LUNCH	<b>Hamburger w/ketchup</b> Potato Wedges Broccoli with Cheese Bun Applesauce	<b>Turkey Mett</b> <b>w/ Sauerkraut - 9055</b> Mashed Potatoes Green Beans Rye Bread (2 slices) Fruit Cocktail Mustard / Ketchup	<b>Deli Sliced Ham</b> Baked Beans Broccoli Swiss American Cheese slice Bun Pineapple Mustard/Ketchup	<b>Fried Steak Italiano</b> w/ Marinara Sauce Spaghetti Italian Vegetables Peas Cranberry Juice Sponge Cake	<b>Salisbury Steak w/Gravy-9029</b> Parslied Potatoes Mixed Vegetables Whole Wheat Bread/Margarine Peaches Animal Cookies
CYCLE					
WEEK					
1					
BOX	10	11	12	13	14
LUNCH	<b>Chicken w/ Gravy</b> Mashed Potatoes Carrots Dinner Roll / Margarine 100% Orange Juice Angel Food Cake	<b>Baked Chicken w/ Gravy - 9075</b> Herb Dressing Broccoli Cauliflower Whole Wheat Bread/Margarine Strawberry Applesauce	<b>Italian Meatloaf</b> Savory Tomato Sauce Spaghetti Italian Vegetables Pineapple Dessert	<b>Chicken Stew</b> Vegetable Medley (2 servings) Cornbread / Margarine Fruited Jello Goldfish Graham Crackers	<b>Chili w/ Spaghetti - 9064</b> Vegetable Medley (2 servings) Cheddar Cheese Saltine Crackers (2 pks) Pears
CYCLE					
WEEK					
2					
BOX	17	18	19	20	21
LUNCH	<b>USMC-1775 Happy B'day Marines!</b> <b>Chicken &amp; Rice w/ Gravy - 9023</b> Broccoli Carrots Whole Wheat Bread/Margarine Pears	<b>Veterans Day-1921 - Thank You!</b> <b>Bar-B-Q Sauce with</b> <b>Shredded Beef - 9051</b> Peas and Onions Potato Wedges Bun Peaches	<b>Beef Vegetable Stew - 9001</b> w/ Carrots/ Red Skin Potatoes/ Peas Green Beans Pineapple Dessert Cornbread / Margarine	<b>Chicken Carmela - 9041</b> in Savory Tomato Sauce Spaghetti Italian Vegetables Baked Cinnamon Apples Wheat Dinner Roll / Margarine	<b>November Birthday Celebration</b> <b>Country Fried Steak w/Gravy-9063</b> Potato Wedges Green Beans Dinner Roll / Margarine Fresh Orange Chocolate Cake (uniced)
CYCLE					
WEEK					
3					
BOX	24	25	26	27	28
LUNCH	<b>THANKSGIVING CELEBRATION</b> <b>Roast Turkey w/ Gravy S-801</b> Herb Dressing Broccoli Cauliflower Whole Wheat Bread / Margarine Cranberry Juice Pumpkin Pie	<b>Baked Lemon Pepper Fish</b> <b>w/ Tartar Sauce - 9033</b> Rice Vegetable Medley (2 servings) Whole Wheat Bread/Margarine Fruit Cocktail	<b>Beef Taco Salad - 9313</b> Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Peach Dessert Tortilla Chips Mild Taco Sauce	<b>HAPPY THANKSGIVING TO YOU</b> <b>AND YOUR FAMILY</b>	
CYCLE					
WEEK					
4					
BOX					
LUNCH	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)	<b>Sunday Nov 2 - Daylight Savings</b> <b>Time ends</b>  "Fall Back"			
CYCLE					
WEEK					
5					